

Sweet Pepper Wraps

Ingredients

- 1 each red and green peppers
- 2 tablespoons low fat cream cheese, softened
- 6 slices low sodium ham (or turkey/chicken)



Directions:

Cut each pepper (rich source vitamins C & A) lengthwise in half; remove and discard seeds. Cut each half lengthwise into 3 slices. Pat dry insides with paper towel.

Spread cream cheese onto pepper slices. Cut each ham slice in half lengthwise. Top each ham slice with filled pepper, wrap around pepper and secure with toothpick. Cover and refrigerate up to 2 days.

one serving - 3 wrapped peppers

Nutrition per serving:

calories 70

total fat 3 g

saturated fat 1.5 g

cholesterol 20 mg

sodium 300 mg

carbohydrates 5 g

6 g proteins

<http://www.kraftfoods.com/kf/recipes/sweet-pepper-ham-wraps-56997.aspx>